

Multiple Choice (1 point each)

50%

d

1) A gallon is equal to _____ ounces

- a. 56
- b. 145
- c. 32
- d. 128

a

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

C

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. ~~slowly cook in covered pan with little liquid~~
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

d

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. ~~165 degrees F~~
- c. 175 degrees F
- d. 185 degrees F

a

5) How do you blanch vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

a

7) What is Al Dente?

- a. Firm but not hard
- b. Soft to the touch
- c. Very hard
- d. Very soft

a

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. ~~4 hours~~
- d. 5 hours

Prep Cooks Test

- d 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - ~~c. On the counter~~
 - d. In the microwave
- C 10) Which of the following can you use to put out a grease fire?
- ~~a. Baking Soda~~
 - b. Baking Powder
 - c. Flour
 - d. Water
- C 11) What is the temperature range of the danger zone?
- a. 25-135
 - ~~b. 40-140~~
 - c. 50-160
 - d. 30-130
- d 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - d. Mince, dice, chop
- C 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- C 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c. Liquid
 - d. Oil
- d 15) Which spoon is used to remove fat from soups and stews?
- a. Basting Spoon
 - ~~b. Ladle~~
 - c. Slotted Spoon
 - d. Portion Spoon
- b 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry

Prep Cooks Test

a

17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

a

18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) garlic & onion are the basic seasoning ingredients for all savory recipes.

20) dice: to cut into very small pieces when uniformity of size and shape is not important.

